

Contact

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Top Skills

Transition Planning

Role Mapping

Capacity Building

Languages

Hindi

French

Punjabi

English

Certifications

Professional Certified Coach (PCC)

Emotional Agility for Wellbeing at Work

Adult Training and Education

ICQ Global DISC Licensed Practitioner

UNSTUCK ALL FOUR SESSIONS (-
VIPS ALL FOUR SESSIONS)

Honors-Awards

India's 101 Fabulous Leader Coaching

Anita Sachdev - Coach ICF - PCC, Navigating Transitions Coach

Bold Transitions Catalyst #Seasoned Cross-Cultural Communication Consultant #Power-Up Global Leaders to Integrate Performance with Wellbeing#Award-Winner Executive Coach to Senior Executives, Women Leaders#Coach Mentor

Mumbai, Maharashtra, India 9619019066 anita@ivemadeit.com

Summary

I capacitate clients to develop adaptive mindsets and become strategic thinkers by leveraging their "mind, heart, and gut" during times of intense change. If you're ready to become a bold thinker, and a strong and successful leader in a complex, global world, let me be your Change-Ready Catalyst.

My coaching programs blend performance, wellness, and communication to tap into their leadership essence to access their Unknown Edge. I also offer cross-cultural communication consulting, drawing on over 40 years of experience in cultural psychology, cognitive global communication, and multicultural diversity to help corporations and senior leaders foster meaningful collaboration across borders.

My coaching and training programs aim to unlock the following:

- High-Impact Fundamentals: Cultivating creativity, thinking differently, and leading change with empathy.
- Cross-Cultural Training and Coaching: Building global leadership capacity and leading with cultural sensitivity in India, USA, and Canada. I provide one-on-one programs to expatriate CEOs and C-Suite executives from abroad as they step into leadership roles in India.
- Leadership Development & Transitions: Strengthening executive presence, embracing work, and life transitions, and harnessing the power of conflict.

- Women's Empowerment & Influence: Empowering women to speak with authority, address imposter syndrome, perfectionism, and fear of visibility to create positive change.
- Self-Awareness & Behavior Change: Examining self-image, changing self-perception, and practicing mindful listening to create space for impactful conversations.
- Conscious Career Choices: Aligning your evolved self with a new, fulfilling career by embracing a heart-centered career reset.

Expertise In:

Executive coaching, leadership development, coaching women executives, career and life transitions, intercultural awareness, cultural competency, and diversity, equity, and inclusion. Clients such as Unilever, Danone, Knorr Bremse, L'oreal, Checkpoint, Paypal, Walmart, and SOCGEN have received my training and coaching.

Awards:

My work has earned me several awards, including the "Global 100 Most Exemplary Coaching Leader Award" (Global Listing 2024), "Iconic Women Career and Leadership Coach Award" (2023), and "101 Most Fabulous Coaching Leaders" (2020). I am an ICF Certified Coach with a proven track record of helping leaders and organizations achieve their goals.

Global Citizen

I am a proud citizen of Canada and India. and both these cultures have shaped my values and work ethic.

Experience

I've Made It - Training and Coaching for Global Success

Founder-Director

December 2006 - Present (19 years 7 months)

Toronto, Mumbai, Maharashtra, India

I am passionate about empowering leaders through transformative coaching by fostering growth, resilience, and clarity in leadership. With over three decades of experience coaching senior executives across diverse industries and cultures, I bring a nuanced understanding of leadership dynamics,

especially in global and transitional contexts. My expertise in leadership development, executive presence, and intercultural competence allows me to support leaders in navigating complex challenges and seizing new opportunities.

Popular Programs:

- ▶# Living + Working Abroad
- ▶# Doing Business Abroad
- ▶# Cultural Competence
- ▶# Communicating on Multicultural Teams

Sample issues + needs:

- ▶# "How do I smooth relationships with my colleagues from abroad?"
- ▶# "What can I do to make sure our organization is prepared to work globally?"
- ▶# "How should I manage my team when they are located across 4 continents?"
- ▶# "How do we choose the right intercultural partner?"

Growthspace

Senior Coach - Growth Space

April 2019 - Present (7 years 3 months)

United States

Growth Space is a the first outcome-driven employee development platform, offering multiple coaching, group and team coaching, mentoring, workshops and more. I have coached clients in USA, Europe and India, Senior and Mid-management leaders across Industries and now ready to deliver group coaching and workshops.

MasterMyLife EQ Education Pvt Ltd

Mentor Coach and Faculty

November 2020 - Present (5 years 8 months)

Mumbai, Maharashtra, India

Coach Mentoring. Truly enjoy the process as much as Coaching.

Currently mentoring 3 batches of students for MML Master Program. The students are forward thinking and are dedicated themselves to becoming transformational coaches.

The Mentoring program is designed to make coaching easy and seamless for the coaches by integrating the depth of knowledge acquired in the coach training program. The group mentoring is for 8 hours and 3 hours of one-on-one coaching.

MasterMyLife's Master Coach Program offers quality education, a contributing community and an ecosystem to support your professional growth. with local and global faculty.

SIRVA, Inc.

Consultant - Intercultural Trainer & Coach

2010 - Present (16 years)

USA

Expat Leaders in India, Returning Indians(NRI), Indian Leaders and Teams working with Cross Cultural teams. Customize and deliver customized programs to address challenges of each group.with a through diagnosis. The process is flexible and focuses on leveraging their personal leadership style in a new environment which is different. The Cultural themes are indentified and with the cross cultural models and assessments have conversations around the associated challenge in their work and personal life.

PeopleSmart SAS

Senior Consultant for People Smart

June 2013 - Present (13 years 1 month)

Germany

As an Associate, delivered Active Group Coaching Programs for global leaders L'Oreal in Paris, Cross cultural training and coaching

Personal Change Systems LLC

Certified Reach Practitioner USA (Coaching)

September 2019 - Present (6 years 10 months)

USA

I am a certified practitioner of the REACH Method, a leadership and personal development program developed by Dr. Andy Molinsky, and based on his award-winning books Global Dexterity and Reach. The REACH Method helps individuals and teams to move out of their comfort zone, examine the avoidance cycles and other psychological roadblocks by learning to diagnose them with ease and clarity.

As a certified practitioner of the REACH Method, can work with ease for individuals wanting to bridge their aspirations to achievements as well as for organizations who would like employees to get out of their comfort zone to do innovation, think out of the box to stay ahead of competition.

EDA Singapore

Empaneled Executive Coach

July 2012 - Present (14 years)

India/Asa

[www. CCCMasterclass.com](http://www.CCCMasterclass.com)

Program Creator - Conscious Career Choices Program

April 2020 - Present (6 years 3 months)

Toronto, Canada, Mumbai, Maharashtra, India

Harsh Johari and I are the creators of the Conscious Career Choices Program. Get Ahead by Design is our Promise! We designed this program specifically for ambitious professionals like you find you dream career - Consciously, Intentionally and Deliberately.

Career Dreamers - How would you like to have the personal guidance, support and accountability you need to accomplish your career goals and propel your career to the next level? So, if you are looking to either gain clarity, find meaning in your career, reignite your career, want to change career but don't know how our program will give you choices which in turn offer hope! Bottom line our coaching creates corridors of clarity with relevant tools to build a 'Signature Presence' to make achievement a matter of habit

Get access to years of our personal career transition experience as well as experience of coaching our clients globally. Our 2 month program is proven, system driven and can support career pathfinders. You will learn 1) the essentials of career growth 2) Develop the growth mindset 3) Actionable Tools and Resources.

Check out website www.cccmasterclass.com.

ICQ Global

ICQ Global Partner & Global DISC Licensed Practitioner

August 2020 - Present (5 years 11 months)

United Kingdom

As an ICQ Partner and practitioner, I have access to the recent research, tools and expertise that helped 500 fortune companies succeed in today's global world.

RiseSmart India

Sr. Transitions Coach

October 2019 - May 2021 (1 year 8 months)

India

Transitions in life are a natural phenomena. Unexpected Career transitions bring about emotions, anxiety and depending on the years of service the responses from coachees can vary. My approach to Career Transitions is to first build an emotional resonance with my clients and deeply listen to their fears by providing the necessary space. Subsequently guiding them through the maze of technology and processes designed to find job in a systematic manner. It is truly a satisfying experience

Canadian Immigrant Integration Program

Canada Culture & Career Facilitator-Coach

July 2009 - March 2013 (3 years 9 months)

Canada-India

As a Canada-Orientation Consultant conduct training programs to make client's immigrating to Canada job-ready which include cultural adaptation and workplace adaptation strategies. Training is followed by a personal coaching session to devise personalized career plans.

Heritage

Regional Sales Director

1995 - 2009 (14 years)

A financial NGO Heritage Education Foundation dedicated to educating parents to build a nest egg for their kids college education and start their adult life debt-free. Driving new initiatives and large team which won maximum awards for achieving targets in a consistent and ethical manner.

WSI

Marketing Strategist

2002 - 2003 (1 year)

Windial Multicultural Marketing Company New York, Toronto

Founder-Director

November 1993 - March 2000 (6 years 5 months)

New York, Toronto

Introduced a new concept of Multicultural markets to Telcom companies and Banks and build a large and loyal customer base. By building on group needs and identity slowly made the way for business to understand the importance of Multicultural marketing.

Saatchi & Saatchi Advertising India, UK, Egypt

Director

August 1989 - July 1992 (3 years)

India, UK, Egypt

Launched Brands for Proctor & Gamble in India, Egypt, Middle East with key learnings drawn from USA and Europe. Role included managing teams, different clients/accounts, planning brand & PR strategies.

Education

Coaching.com

Navigating Transitions Coach, Coaching · (September 2024 - January 2025)

Global Coach Trust

PCC Coach , Coaching · (2019 - 2019)

Coach U

ACC Coaching , Coaching · (2008 - 2008)

University of Toronto Schools

Adult Education and Training, Training · (2003 - 2006)

University of Mumbai

B.A, Economics, Politics · (1973 - 1976)